

# Stimming Awareness & Acceptance Log

Understand your stimming patterns without shame — and reclaim this vital tool for regulation and expression.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Clinician: \_\_\_\_\_

**What is stimming?** Stimming (self-stimulatory behaviour) is a natural, regulating behaviour for neurodivergent individuals. It serves important functions: sensory regulation, emotional expression, and self-soothing. This log helps you understand your stimming patterns without shame.

## MY STIMMING INVENTORY

Check any stimming behaviours you engage in, and note their function for you:

### Visual

- Watching spinning objects or lights Function for me: \_\_\_\_\_
- Looking at patterns or textures Function for me: \_\_\_\_\_
- Eye tracking or flickering Function for me: \_\_\_\_\_

### Auditory

- Humming, singing, or making sounds Function for me: \_\_\_\_\_
- Repeating words or phrases (echolalia) Function for me: \_\_\_\_\_
- Listening to the same song/sound repeatedly Function for me: \_\_\_\_\_

### Tactile

- Rubbing fabric, skin, or surfaces Function for me: \_\_\_\_\_
- Picking, peeling, or scratching Function for me: \_\_\_\_\_
- Hair twirling or touching Function for me: \_\_\_\_\_

### Movement

- Rocking or swaying Function for me: \_\_\_\_\_
- Bouncing or jumping Function for me: \_\_\_\_\_
- Pacing Function for me: \_\_\_\_\_

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- Hand or finger movements/flapping

Function for me: \_\_\_\_\_

## Oral

- Chewing objects or clothing

Function for me: \_\_\_\_\_

- Biting lips or cheeks

Function for me: \_\_\_\_\_

- Teeth grinding

Function for me: \_\_\_\_\_

## Proprioceptive

- Pressing against walls or furniture

Function for me: \_\_\_\_\_

- Tight clothing preference

Function for me: \_\_\_\_\_

- Cracking joints

Function for me: \_\_\_\_\_

## REFLECTION & INTEGRATION

**Stimming I have suppressed or been shamed for:**

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**Safe contexts where I allow myself to stim freely:**

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**A statement of acceptance I can offer myself about stimming:**

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